

### How to Live Long.

The body may be looked at as a living machine, delicate and complicated in structure, made to run a hundred years or so, but liable by bad management to be deranged and brought to untimely destruction, writes Dr. Francis Tumbler. That drunkards, debauchees, gluttons, and the devotees of sensual pleasures generally do not live out half their days is plain to every one. But all continuous physical transgression, however innocent it may seem, is followed by a like retribution. Such is the punishment which overtakes multitudes who overwork their brains and underwork their muscles; of not a few who waste vital energy with anxiety, fret and unquiet care, of many who overlook the great law of their physical being that makes daily recuperation depend on the interchange of work and rest. Even ministers of the gospel not unfrequently allow well-meant faithfulness to end in a fatal mental strain.

One of the signal facts connected with many forms of physical transgression is its tendency to weaken the vital stamina of the transgressor's offspring. The least a child can ask of its progenitor is a fair chance of life. To squander the inheritance of one's offspring is vastly worse than to squander its large ancestral estate.

We can have no more valuable possession than a good heredity—an inheritance of longevity, and if this has not descended to us it is generally because ancestors, more or less remote, have squandered it.

Such an inheritance gives constitutional vigor, keeps its possessor safe amid almost every form of microbial disease, secures the needed recuperative energy in case of attack, makes life worth living up to the normal end, renders old age green and sunny, and keeps up intellectual activity to the last. Mr. Gladstone in his ninth decade is more than a match for most men of fifty at their best. No one would guess from the latest products of Dr. Holmes, pen, or from his genial spirit, that he had been for two years an octogenarian.

After all, care is necessary to the prolongation of life, not anxious care, but care to avoid harmful transgression. Mr. Gladstone still keeps up vigorous physical exercise and Dr. Holmes uses his great knowledge on the laws of health to keep him not merely alive, but in good working condition.

### How to set a Table.

(Ladies Home Journal.)  
A round table is better than a square table, if the dining-room is large enough to permit it. If not, then the ordinary oblong extension table must be used. The round table is much more preferable and easier to seat people at, besides it gives a suggestion of the famous "King Arthur and the Knights of the Round Table." A few prominent society women still cling to the old fashioned long, narrow table. Flowers should never be absent from the dinner table. No matter how homely, they add to the picturesqueness of the feast.  
Let us see how a table is set for a fashionable dinner party. On the table is first placed a thick flannel cloth, the thicker it is the better, as it prevents noise of the dishes as they are placed on it. Over this is spread a snowy white tablecloth, bearing the family crest or coat of arms. Sometimes over this is placed still another of elaborate embroidery and lace, lined with pink or yellow satin, as taste dictates, or what ever color is to predominate at the dinner. The plates are first placed upon the table. As these are to remain until after soup is served they are always the handsomest in the gold or china sets, as the case may be. Don't crowd. Each guest should be allowed a space of two feet or twenty-six inches if the table will of it, and the plates placed at equal distances apart. Place two dinner forks to the left of each plate. On the right must be a dinner knife and a spoon for soup. The glasses are arranged at the right of each guest on a line with the inner edge of the plate. The water glass is set next to the plate. Then glasses for whatever other beverages are intended to be served. A glass, whether of water or any other liquid, should never be filled more than three-quarters full.

**THE FIRST SYMPTOMS OF DEATH**  
Tired feeling, dull headache, pains in various parts of the body, sinking at the pit of the stomach, loss of appetite, feverishness, pimples or sores, are all positive evidence of poisoned blood. No matter how it became poisoned it must be purified to avoid death. Dr. Acker's English Blood Elixir has never failed to remove scrofulous or syphilitic poison. Sold under positive guarantee by Z. Wayne Griffin & Bro.

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**The Boy Who Discovered the "Saw By."**  
A few years ago a green country boy applied to the superintendent of a western railway for work, and somewhat against the superintendent's wish, on account of the danger to life and limb attendant upon such occupation, was given a place as brakeman of a freight train. On one of his first trips it happened that his train met another freight train at a station where the side track was not long enough to accommodate either of them. The conductors were debating which train should back up to a point where they could pass, when the new hand ventured to suggest that neither should back; that they could pass each other by means of the short side track if the thing was managed right.

The idea excited a good deal of laughter on the part of the old trainmen, but the boy stood his ground.  
"Well, how would you go about it?" asked one of the conductors, confident that the lad would soon find himself against a stump.

The boy took up a stick and traced in the sand a diagram to illustrate his plan. "Good gracious!" said the conductor, "I believe that will do it!"

And it did do it. Today every trainman in America probably knows how to "saw by" two long trains on a short side track, but it is not so generally known that the thing was never done until an inexperienced country boy, who is now the manager of a great railway line, worked out the problem for himself.—Washington Post.

**An Expensive Infirmary.**  
I happened to be in a Broadway optician's store and saw a good looking, well dressed matron with a slip of a girl and a small boy, all of whom were spectators. The lady gave some directions about a pair of glasses, and when she had gone I asked the optician whether defective vision is hereditary.

"Rarely," said he. "That lady has four children, and all of them must wear glasses. The father's eyes are sound. The mother and her children are afflicted with astigmatism, a defect of the vision which is almost as rare as anything that afflicts the human eyes. It makes straight lines crooked and parallel lines fade into one. Special glasses must be made and ground to suit each person, and sometimes the respective eyes. They cost five dollars apiece too. So you see a large family of children with astigmatism costs a good deal of money in glasses alone. As the children grow up the range of vision changes, they break or lose their glasses oftener than adults, which increases the expense."—New York Herald.

### Her Hubby's Teachings.

Friend—Why do you get married so soon after the death of your husband? Widow—My dear, if there was any one thing that my poor dead and gone husband insisted upon, in season and out, it was that I should never put off till tomorrow what I could do today.—New York Weekly.

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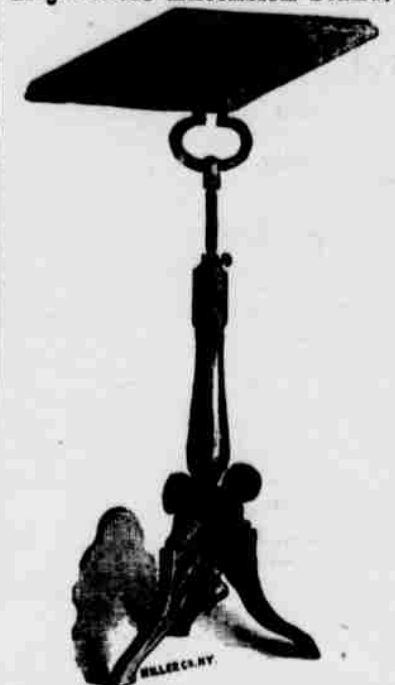
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A few summer visitors at Gloucester, Mass., have had the good luck to get into a sail loft of that town and to see an unusually interesting collection of Hogarth engravings, early impressions. There are nearly a score in all, many of them from the Hogarth series. The engravings have hung in the present place or nearby a century, and the owners of the loft refused \$500 for the collection. The other ornaments of the room are old theater posters and early newspaper cuts.

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### ELECTION NOTICE!

The legal voters of the Hartford voting precinct are hereby notified that an election will be holden and polls opened for that purpose at the regular voting place of the said voting precinct on

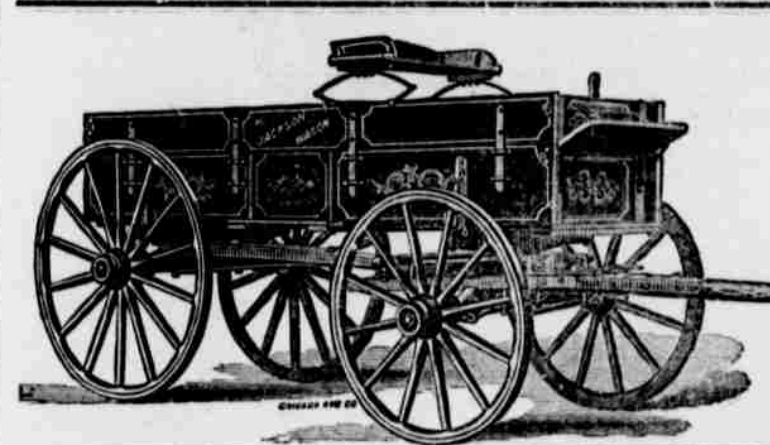
**MONDAY, JANUARY 4, 1892.**

For the purpose of taking the sense of the legal voters thereof upon the proposition of the said voting precinct subscribing for One Hundred and Ninety (190) Shares, of One Hundred Dollars each, of the Capital Stock of the Fordsville, Hartford and Southwestern Railroad Company, according to the terms of the said Company's charter and the proposition submitted by said Company to the Ohio County Court on the 4th day of November, 1891, which said proposition is now on record in the Ohio County Clerk's Office in order book 19, of the Ohio County Court, pages 554 to 557, inclusive.

Said election will be conducted in every respect according to the law regulating the general election of County Officers in the State of Kentucky.

Done in pursuance to an order of the Ohio County Court, the 4th day of November, 1891. Given under my hand as Sheriff of Ohio County, Kentucky, this 4th day of November, 1891.

**S. C. TAYLOR,**  
Sheriff Ohio County, Kentucky.



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